WHAT IS CLAIMED IS:

1. An input and output (I/O) circuit comprising:

an output buffer having an NMOS transistor coupled to a PMOS transistor;

an ESD protection circuit having a parasitic silicon controlled rectifier (SCR) integrated therein, and coupled to the output buffer; and

a diode string having a predetermined number of diodes coupled between a source node of the NMOS transistor and ground,

wherein a voltage drop across the diode string increases the SCR holding voltage, thereby setting an ESD protection holding voltage for the ESD protection circuit.

- 2. The circuit of claim 1 wherein the number of the diodes in the diode string is determined by a positive supply voltage and the SCR holding voltage.
- 3. The circuit of claim 1 wherein the NMOS transistor is realized by using two asymmetric NMOS transistors.
- 4. The circuit of claim 1 wherein the NMOS transistor is realized by using a transistor layout for enhancing a turn-on speed of the ESD protection circuit.
- 5. The circuit of claim 1 wherein the SCR has an increased beta-gain product of two transistors therein.
- 6. The circuit of claim 1 wherein the diode string has two or fewer diodes for a positive supply voltage of about 2.5V or less.

- 7. The circuit of claim 1 wherein the diode string has four, or fewer diodes, for a positive supply voltage of about 3.3V or less.
 - 8. An input and output (I/O) circuit comprising:

an output buffer having an NMOS transistor coupled to a PMOS transistor;

an ESD protection circuit having a parasitic silicon controlled rectifier (SCR) integrated therein and coupled to the output buffer; and

a diode string having four, or fewer diodes, coupled between a source node of the NMOS transistor and ground,

wherein a voltage drop across the diode string increases the SCR holding voltage, thereby setting an ESD protection holding voltage for the ESD protection circuit.

- 9. The circuit of claim 8 wherein the number of the diodes in the diode string is determined by a positive supply voltage and the SCR gate holding voltage.
- 10. The circuit of claim 8 wherein the NMOS transistor is realized by using two asymmetric NMOS transistors.
- 11. The circuit of claim 8 wherein the NMOS transistor is realized by using a transistor layout for enhancing a turn-on speed of the ESD protection circuit.
- 12. The circuit of claim 8 wherein the SCR has an increased beta-gain product of two transistors therein.
 - 13. A layout for an output buffer having an NMOS transistor comprising:
 - a N well region having a P+ region contained therein; and

two asymmetrical NMOS transistors formed on two sides of the P+ region;

wherein a portion of the P+ region in the N well region provides at least one resistor for a parasitic silicon controlled rectifier (SCR), and

wherein a diode string having a predetermined number of diodes is coupled between a source node of the NMOS transistors and ground.

- 14. The layout of claim 13 wherein the number of the diodes in the diode string is determined by a positive supply voltage and the SCR gate holding voltage.
- 15. The layout of claim 13 wherein the SCR has an increased beta-gain product of two transistors therein.
- 16. The layout of claim 13 wherein the diode string has two or fewer diodes for a positive supply voltage of about 2.5V or less.
- 17. The layout of claim 13 wherein the diode string has four, or fewer diodes, for a positive supply voltage of about 3.3V or less.
- 18. The layout of claim 13 further comprising one or more guard rings for collecting minority carriers.
- 19. The layout of claim 13 wherein a center portion of the P+ region is connected to an input/output pad.